

# Technology and Seniors

Did you know that older adults are more digitally connected than ever? [The Pew Research Center](#) finds that 67% of adults ages 65 and older say they go online. The increase in seniors using apps and devices is partially driven by the benefits they find by using it. Technology offers additional tools that can influence lives for the better from information gathering to safety and even entertainment purposes. Keep reading to learn more about the benefits of technology for older adults.

## Older Adults Using Technology Brings Numerous Benefits to Their Lives

**Opportunities for Socialization:** Staying connected to family and friends is crucial to our wellbeing, and advancements in technology offer us even greater opportunities to socialize. While no technology can replace face-to-face interaction, touching base via phone calls, text messages and video chats allows decreased feelings of isolation and a greater sense of connection to others. Now, you don't have to worry about finding time in busy lives to schedule a visit - you're able to talk to loved ones by simply pushing a button.

**Increased Safety:** Security devices and personal monitoring devices can track important metrics and offer peace of mind, safety and security to users. And, while we hope this is never the case, having a cell phone allows you to call for help with the push of a button should something happen that threatens your safety.

**Medical Information Management:** With the increase of electronic medical records, chances are your healthcare provider uses an app or online portal that allows you to log in and see your medical records. Using technology to leverage your medical literacy is extremely beneficial to your health, whether it be keeping track of health information such as medication usage or easy access to your schedule of appointments.

**Fitness Opportunities:** The internet offers a vast library of resources, including fitness opportunities and exercise tips. YouTube videos are a great place to start with, numerous individuals offering their virtual services. As

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an added bonus, some game systems like the Nintendo Wii is controlled by motion, allowing you to get up and move while playing.

Fun: Along with the more practical uses of technology, there are plenty of games and activities that allow you to have fun, too. Entertaining games like Tetris and Trivial Pursuit can be downloaded and played on electronic devices; invite your loved ones to compete against each other for an extra good time!

## Learn More About How We Take Advantage of Technology at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we ensure our residents have the opportunity to live a fulfilled, engaging lifestyle in the community. One way we do that is by leveraging technology. Touchtown is our resident engagement platform that allows residents to stay connected to what is happening within the community. Each resident can access this portal through TVs in each apartment, an app on their phone or even using an Alexa device. We've found that resident engagement has increased by expanding our communication of programming through technology.

Learn more about how we use technology within the community by [contacting our team](#) today.